



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Substance Abuse and Mental Health

Always the right time, Always the right place, Always the right service



New
Location!

July 27-31, 2009
Embassy Suites
Newark, DE

38TH SUMMER INSTITUTE ON SUBSTANCE ABUSE AND MENTAL HEALTH

To the world you might be one person, but to one person you might be the world!

PARTNERSHIPS: CHANGING THE WORLD



Institute Objectives

By the conclusion of the Summer Institute, participants will be able to:

- Understand how an integrated system of care supports the advancement of therapeutic alliances between individuals, service providers, families, and the community
- Identify one change strategy at the system, program, or individual competency level to implement a recovery-focused partnership
- Describe measurable and sustainable therapeutic outcomes when individuals and systems are strategically aligned
- Identify ways in which partnerships are enhanced by culturally competent individuals and systems
- Engage in networking strategies to promote system partnerships
- Increase knowledge and skills application of evidence-based practices, as well as discuss best practices and their applicability to service treatment

Continuing education hours are awarded as follows:

- Keynote Address and Monday Workshop = 6
- Keynote Address and 3 Day Workshop = 18
- 2-Day Workshop = 10.75
- 1-Day Workshop = 6 (Tues., Wed., and Thurs.)
- 1-Day Workshop = 4.75 (Friday only)
- Evening Session = 2

Certification & Continuing Education Credits

Participants assume all responsibility for ensuring that the certificate of completion will be accepted by their professional licensing organization. In compliance with certification requirements, CEU workshop certificates will be issued to those who register for and complete an entire workshop.

- Delaware Board of Nursing (DBN) The DSAMH Training Office is an approved provider of Continuing Education credits under the rules and regulations for mandatory education set forth by the DBN.
- National Association of Alcoholism and Drug Abuse Counselors (NAADAC) The DSAMH Training Office is an approved NAADAC Education Provider.
- National Board of Certified Counselors (NBCC) The DSAMH Training Office is an NBCC Approved Continuing Education Provider (ACEPTM) and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Provider #5047.
- CE: The DSAMH Training Office will award an individual certificate of attendance to each participant for successful completion of each workshop.

Applications for continuing education units have been submitted to the following boards. Check www.dhss.delaware.gov/si09 for updated information on pre-approved CEUs.

- Certified Employee Assistance Professionals Association, Inc. (CEAP)
- Commission on Rehabilitation Counselor Certification (CRCC)
- Continuing Legal Education (CLE) credits for select workshops with the Delaware State Bar Association and the Supreme Court of Pennsylvania.
- Delaware Certification Board (DCB)
- Delaware Examining Board of Physical Therapists and Athletic Trainers (PT)
- National Certified Gambling Council (NCGC) Approval for select workshops is pending. Please direct all questions to the Delaware Council on Gambling at (302) 655-3261.

Individual workshops may be approved by the following accrediting bodies. Please contact your certification board for clarification.

- Delaware In-Service Credits for Educational Professionals (DOE)
- Delaware Psychological Association (DPA)
- Delaware State Board of Social Work Examiners (DSBSWE)

Workshops may have separate certifications or continuing medical education connected to them. Call your certification board for clarification.

Legal Disclaimer:

The views and opinions contained in the educational offerings described in this publication do not necessarily reflect those of the Division of Mental Health and Substance Abuse or the Department of Health and Social Services, and should not be construed as such.

Delaware

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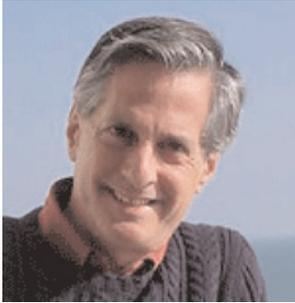
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The Delaware 38th Summer Institute Welcomes

Kenneth Minkoff, MD

Presenting the Dr. Mario Pazzaglini Keynote Address:

“Partnerships: Changing the World”



Kenneth Minkoff, MD is one of the world’s leading experts on integrated treatment of individuals with co-occurring disorders, and on the development of integrated systems of care through the implementation of a best practice model: the Comprehensive Continuous Integrated System of Care. Dr. Minkoff is a board-certified psychiatrist with additional qualifications in Addiction Psychiatry. He is a Clinical Assistant Professor of

Psychiatry at Harvard Medical School and also a dedicated community psychiatrist with extensive experience in public and private settings.

Individuals with co-occurring disorders are associated with poor outcomes and high costs throughout the service system, traditionally defined as “misfits” rather than priorities. The achievement of successful outcomes can be measured by the strength of the alliances, from peer support groups, individuals, clinicians, family members, to the entire community and system of care. Strong alliances can minimize risk and maximize the scope, functions, and potential of the collective groups.

Dr. Minkoff will speak on partnering to develop a welcoming and integrated system of care for individuals with co-occurring mental health and substance use disorders, their families, and support systems. He will help us to build on the work we have done and identify research based-principles of successful treatment interventions, using a common language from the fields of addiction and mental health. His keynote address will review examples of system difficulties faced by individuals with co-occurring psychiatric and substance use disorders and explain how a comprehensive, continuous, integrated system of care maximizes the existing resources so that all programs achieve Dual Diagnosis Capability to support recovery.

Succinctly stated, the difference between illness and wellness is “I” and “we” and the strength of their partnerships.

Monday

1-Day Workshops

Registration fee includes the Keynote and Luncheon

#1314 Vicarious Trauma & Self-Care

Faculty: Judith Pierson, EdD

Our capacity for empathy is the gift we extend to our clients. It also makes us vulnerable to being affected in negative ways by our clients' painful experiences. Learning how to manage the harmful impact of this work is the key to taking good care of both ourselves and our clients. This workshop will focus on the concept of "vicarious trauma." While most commonly reported by clinicians treating trauma survivors, vicarious trauma may also arise in response to repeated exposure to clients with sad or disturbing histories or to clients with difficult-to-treat symptoms. We will examine the more subtle forms it can take, such as emotional numbness and cynicism, as well as the more disruptive forms, such as anxiety, burnout, and reactivation of the clinician's own issues. We will discuss what contributes to these problems and, more importantly, what can be done to address them.

Learning Objectives:

- Recognize symptoms of vicarious trauma
- Identify three factors that contribute to vicarious trauma
- Describe ten strategies for reducing vicarious trauma

#1318 Motivational Enhancement and Treatment Strategies for Individuals with Co-occurring Mental Illness and Substance Use Disorders

Faculty: Kenneth Minkoff, MD

An integrated model of service delivery uses a common language for, and treatment philosophy of, disease and recovery. For persons with co-occurring disorders, the principles of successful treatment intervention depend upon developing an individualized assessment of their needs, utilizing motivational enhancement strategies to establish empathy and develop discrepancy, and implementing a variety of contingency management strategies to promote incremental progress. This workshop will review the intervention strategies derived from available research on evidenced-based and best practices to work with persons with co-occurring disorders.

Learning Objectives:

- Understand the concepts of welcoming, empathy, hope, integration, continuity and empathic detachment in engaging dually diagnosed adults, adolescents, and their families
- Identify seven principles of successful treatment intervention
- Describe four steps of motivational enhancement

#1311 Psychiatric Advance Directives: Tools for Recovery for Key Decision Makers

Faculty: Ira Burnim, Esq.

Psychiatric advance directives (PADs) can strengthen relationships between consumers and providers, as they support recovery by allowing consumers to make choices concerning the treatment and care they receive during periods of incompetence. Professionals, staff, and consumers see the advantage in consumers clearly articulating their preferences and wishes, and often are uncertain about a document that has legal implications. This workshop will address these concerns from the perspective of the provider and other key decision makers in a consumer's life, and will describe how psychiatric advance directives may be used to advance consumer recovery and to strengthen relationships between consumers and providers. Practical issues raised by advanced directives will be explored. Audience questions will be encouraged in an effort to tailor the workshop to particular issues among Delaware stakeholders.

Learning Objectives:

- Understand what a PAD is and is not
- Describe how PADs promote consumer recovery
- Identify how PADs can strengthen alliances

#1327 Management of High-Risk Crisis Calls

Faculty: Gregory K. Brown, PhD

This experiential workshop will focus on high-risk management strategies for individuals who ask for help during a crisis. Participants will learn psychosocial strategies for mitigating suicide risk including the following: suicide risk assessment, narrative description of the crisis using guided discovery and effective listening skills, limitation of access to lethal methods, motivational enhancement strategies for linking to follow-up care, developing a safety plan that includes the identification of warning signs, coping strategies, and obtaining professional services.

Learning Objectives:

- Conduct a brief suicide risk assessment
- Identify therapeutic strategies for minimizing risk
- Practice motivational enhancement

Monday, Tuesday & Wednesday

3-Day Workshops

Registration fee includes the Keynote and Luncheon

#931 Relapse Prevention Strategies

Faculty: Thomas H. Coyne, EdD, LCSW

Recovery Training and Self-Help seeks to reduce the association of psychological and social cues with substance use by teaching persons with substance use conditions self-sustaining alternative responses to stimuli previously associated with drug use. Cue Extinction is a program that teaches techniques for coping with cravings produced by drug-related stimuli. This workshop will provide an overview of the key components of relapse, relapse prevention planning, and the importance of developing an individualized, assessment-driven relapse prevention plan for recovery. Particular focus will be given to developing the knowledge and skills necessary to implement two empirically tested relapse prevention strategies in supporting clients to maintain recovery. This is an experiential workshop with group exercises, role playing, and a whole lot of fun!

Learning Objectives:

- Identify the role of biopsychosocial factors in relapse
- Describe key components of relapse prevention planning
- Understand implications of relapse for client placement, treatment planning, and developing effective responses
- Describe key components of two proven and effective relapse prevention approaches

#1316 Mind in Comfort and Ease: The Role of Love in the Therapeutic Relationship

Faculty: James Walsh, PhD

The transformative power of love has been extolled for millennia in poetry, prose, and sacred scriptures, yet it receives short shrift in the literature of psychology and recovery from addictions, including pathological gambling. The literature is also clear that the most salient and consistent predictors of good treatment outcome and recovery are those variables that describe the therapeutic relationship as empathic, altruistic, warm, and compassionate - in a word, loving. The purpose of this workshop will be to explore the various aspects of love, how love is appropriately cultivated and experienced in the therapeutic relationship, and ways that therapists can facilitate growth in each client's capacity to love.

Learning Objectives:

- Understand love from the standpoint of poetry, prose, sacred scripture, and the psychological literature
- Relate love in therapeutic relationship to treatment outcomes
- Engage in experiential activities that can be used with clients to facilitate deeper insight

#1308 Imagine & Believe: Creating a Smooth Path to Certification

Faculty: Kathryn Benson, LADC, NCAC II, SAP, QCS

This interactive workshop will provide those who are pursuing a Certified Alcohol and Drug Counselor certification (CADC) with an organized plan and practical experience for the Delaware credentialing process. We will review the current credentialing standards and process, and provide intensive review of all mandated performance domains. Each domain will be followed with practical techniques and mock oral exams, which will facilitate the participants' professional growth through the experience of risk-taking and stretching of their comfort zones.

Learning Objectives:

- List four criteria for each level of Delaware credentialing
- List two fundamental techniques for efficient organization of credentialing materials
- Verbalize criteria for each performance domain
- Practice for exams
- Understand the core competencies

#1307 Personality and Mood Disorders: Insights and Treatment Implications

Faculty: Judith Belmont, MS, LPC, NCC

This workshop will clarify characteristics of personality disorders, examining the differences and commonalities among them, and the differences between personality disorders and mood disorders, particularly between Borderline Personality Disorder and Bipolar Disorder. Video vignettes will depict some of the personality disorders. Using creative and hands-on activities and exercises, you will learn strategies and interventions from the most current and effective therapies (CBT, DBT, Life Skills Training) that can be implemented immediately.

Learning Objectives:

- Understand the etiology, symptoms, and characteristics of personality and mood disorders
- Distinguish between Bipolar I, Bipolar II, and Borderline Personality
- Practice cognitive behavioral and dialectical treatment approaches
- Learn practical strategies to use with clients for practical coping and life skill development

Thursday & Friday 2-Day Workshops

#1328 Creating Trauma-Informed Care

Faculty: **Martha Schmitz, PhD**

This experiential workshop will explore general principles of providing services to individuals who have experienced trauma in a variety of contexts. Participants will gain basic information such as definitions, rates, and clinical presentations on trauma, post traumatic stress disorder, and co-occurring disorders. We will discuss key themes including: dissociation, self injury, reenactments, stage-based models of treatment, transference/counter-transference, vicarious traumatization, behavioral contracts, and cognitive strategies. Trauma-informed versus trauma-competent treatment will be highlighted, with the notion that all staff can become more trauma-informed, and a smaller number may choose to specialize in trauma therapy. Skills from Seeking Safety therapy will be taught in the context of trauma-informed care.

Learning Objectives:

- Describe definitions, rates, and clinical presentations of trauma
- Develop increased empathy of the effects of trauma on recovery
- Discuss dilemmas in treatment settings, e.g., limit setting, vicarious traumatization, triggering, and self injury

#1309 Professional Ethics: The New Generation

Faculty: **Kathryn Benson, LADC, NCAC II, SAP, QCS**

Healthcare professionals must be aware of a global scope of ethical conduct and attitude necessary to a healthy, productive, educational, and therapeutic relationship with clients. This workshop will use a comprehensive view of ethical scenarios and an examination of personal values and beliefs to present a systematic decision-making process to guide providers in that process. It will also, through the examination of relationship dilemmas, introduce supervisory and management professionals to a philosophy of ethical behavior that will provide a foundation of acceptable professional conduct and a decision-making process to guide them, their staff, their agencies and their clients toward a healthier integrity-based relationship.

Learning Objectives:

- Identify three specific ethical directives in the practice of recovery healthcare
- Use two process steps for managing ethical dilemmas
- Describe two guidelines for establishing healthy boundaries

#1310 Assessment and Treatment Planning:

A Person-Centered Approach

Faculty: **C. Hope Bolger, RPh**

There is a strong “business case” for treatment that is a collaborative, comprehensive, person-centered process. This workshop will emphasize the rationale for the assessment and treatment planning process for both internal and external audiences, and practice how to develop a strategy that uses person-centered assessment and treatment planning as an integral part of the therapeutic process. The material will be presented in two parts: how to conduct a comprehensive assessment, and how to use assessment data to develop individualized, person-centered treatment plans.

Learning Objectives:

- Understand the value of comprehensive, person-centered processes
- Identify the key elements of a comprehensive assessment process
- Write an interpretive-integrated summary
- Identify the components of a person-centered treatment plan

#1284 Advanced Training in Counseling and Therapy Techniques

Faculty: **Fred Hanna, PhD**

Successful therapy for individuals with gambling and other addictions is challenging and requires the application of strategies from various theoretical foundations. This workshop will present practical techniques, such as the precursors model of change, cognitive, behavioral, Adlerian, Gestalt, and existential therapies. Demonstrations will include using fish bowls, role plays, and collaborative role plays, as well as how to quickly establish the therapeutic relationship, use advanced empathy, and other techniques and strategies for successful counseling.

Learning Objectives:

- Assess consumers for the lack of change factors
- Apply techniques to stimulate change at various stages of recovery
- Formulate effective therapeutic approaches

Thursday & Friday 2-Day Workshops

#1306 Emotional Resiliency in Turbulent Times

Faculty: Judith Belmont, MS, LPC, NCC

This interactive workshop provides practical ways to survive and thrive during difficult times. Whether it is the erosion of a financial nest egg, increased demands of the job due to budget cuts or downsizing, increasing difficulties in "making ends meet," or dealing with corporate change, we will discuss elements that can help turn obstacles into opportunities. This workshop will pay particular attention to the emotionally resilient workplace and will develop an action plan for promoting resiliency with service recipients as well as co-workers.

Learning Objectives:

- Learn the top ten skills for resiliency
- Develop a "Self Care Toolkit"
- Find practical tips to prevent burnout and compassion fatigue
- Apply the skills learned in everyday life both personally and professionally
- Develop a positive and optimistic attitude that can weather times of uncertainty and change



What has **CHANGED** in
our Summer Institute
WORLD this year?

New Location!
New Registration Process!
Reduced Fee Structure!
New Content!
New Faculty!
New **PARTNERSHIPS!**

Tuesday 1-Day Workshops

#1317 Treating Adults from Dysfunctional Families

Faculty: Judith Pierson, EdD

This workshop will provide an understanding of the nature of growing up in a family where addiction is present or any other type of dysfunctional family. It will explore the dynamics, roles and rules, and the long-term impact of childhood experiences on adult functioning. Emphasis will be on the role of shame in shaping adults from dysfunctional families. We will explore the destructive strategies clients use to avoid confronting deeply-rooted feelings of shame, for example, avoidance, withdrawal, perfectionism, and criticism. It will also outline some of the strengths of those who grow up in adversity.

Importantly, it will discuss ways to work with “adult children” individually and in groups.

Learning Objectives:

- Gain an understanding of the dynamics of dysfunctional families
- Recognize adult manifestations of childhood experiences
- Identify the role of shame in behaviors
- List therapeutic suggestions for working with “adult children” from dysfunctional families

#1312 Psychiatric Advance Directives: Tools for Recovery for Consumers

Faculty: Ira Burnim, Esq.

Psychiatric advance directives (PADs) can strengthen the alliance between consumers and providers, as they support recovery by encouraging consumers to make choices concerning their treatment and care during periods of incompetence. Professionals, staff, and consumers often are uncertain about a document that has legal implications. This workshop will address concerns from the consumer perspective, and describe how psychiatric advance directives may be used to advance consumer recovery and to strengthen relationships between consumers and providers. A host of practical issues raised by advanced directives will also be explored. Audience comments will be encouraged to tailor the workshop to particular concerns among Delaware stakeholders.

Learning Objectives:

- Understand what a PAD is and is not
- Review how PADs promote consumer recovery
- Describe how psychiatric advance directives can strengthen the relationship between providers and consumers
- Address fears concerning the use of psychiatric advance directives

#1331 Getting Started in Private Practice: Pitfalls and Possibilities

Faculty: Al Mercatante, LPC;

Priscilla Murphy, LPCMH, MEd, NCC, BSN, RNC

You’ve completed graduate school. You’re working at an agency and accumulating hours toward your license, and you want to go into private practice. But it all seems so daunting! How do I find office space? Should I go solo or group? Where do I find clients? How do I credential with 3rd party payers? Do I even want to deal with insurers? And the paperwork! And security issues with client records and then there’s HIPAA laws! I don’t know if I can do this! Relax, help is on the way. The Delaware Mental Health Counselors Association (DMHCA), a branch of the American Mental Health Counselors Association, can help you. DMHCA is a non-profit group of local professionals that advocates for and supports private practice counselors. This workshop will tell you everything you need to know about starting a private practice.

Learning Objectives:

- Understand issues to be considered when starting a private practice
- Access the resources to start a private practice
- Begin to develop a business plan that ensures the best chance for starting a successful practice

#1321 Skill Building in Engagement and Alliance: Changing Compliance into Collaboration

Faculty: David Mee-Lee, MD

Clinicians recognize the value of understanding stages of change and motivational enhancement models and strategies. However, limitations in skills and services impact how well many of the concepts are implemented in daily situations. This workshop is designed to improve skills in both engaging individuals into treatment and in helping people change. There will be focus on mandated treatments and how to create lasting change, not just compliance with conditions of probation or mandates of child protective services. The workshop provides an opportunity to improve skills in building motivation for change and strengthening commitment to change. Participants will be encouraged to discuss and consult around difficult dilemmas and situations.

Learning Objectives:

- Practice developing the treatment contract to increase collaboration and “buy-in”
- Apply skills to strengthen commitment to change and turn compliance into accountable adherence
- Increase understanding of self-change strategies

Wednesday 1-Day Workshops

#1332 Growing Your Private Practice: Actualizing Your Vision

Faculty: Al Mercatante, LPC;
Priscilla J. Murphy, LPCMH, MED, NCC, BSN, RNC

Counselors, Clinical Social Workers, and Psychologists face many challenges in the private practice environment. The purpose of this workshop is to examine the benefits, risks, and problems of the private practice mental health professional. Members of the Delaware Mental Health Counselors Association (DMHCA) will present solutions to every day problems faced in private practice and stimulate dialog concerning ways to innovate and expand the scope and competence of the services that can be provided in private practice. DMHCA professionals will share experiences and facilitate dialog among attendees with the intention of providing practical and imaginative approaches to maintaining your practice and renewing your vision of yourself as a helping professional.

Learning Objectives:

- Recognize strengths and weaknesses in the way mental health professionals conduct their private practices
- Consider solution-focused approaches to improving and expanding their practices
- Expand competence to establish a private practice

#1313 Danger Assessment

Faculty: Jacquelyn C. Campbell, PhD

The Danger Assessment (DA) Tool assesses the dangerousness of a violent relationship. This workshop will give participants detailed information and practice on how to use the Danger Assessment Tool based on the most recent information on calculating weighted scores and the newly developed ranges of danger, and offer suggestions for using the DA for safety planning as well as identifying some limitations of its use. A panel discussion will follow focusing on efforts in Delaware to use the DA. After completion of this workshop, participants will be prepared to complete the online danger assessment certification process that certifies them to use the Danger Assessment Tool.

Learning Objectives:

- Define intimate partner violence and battering
- Discuss the underlying dynamics of female partner abuse
- Describe the prevalence of domestic violence in society and in the health care system

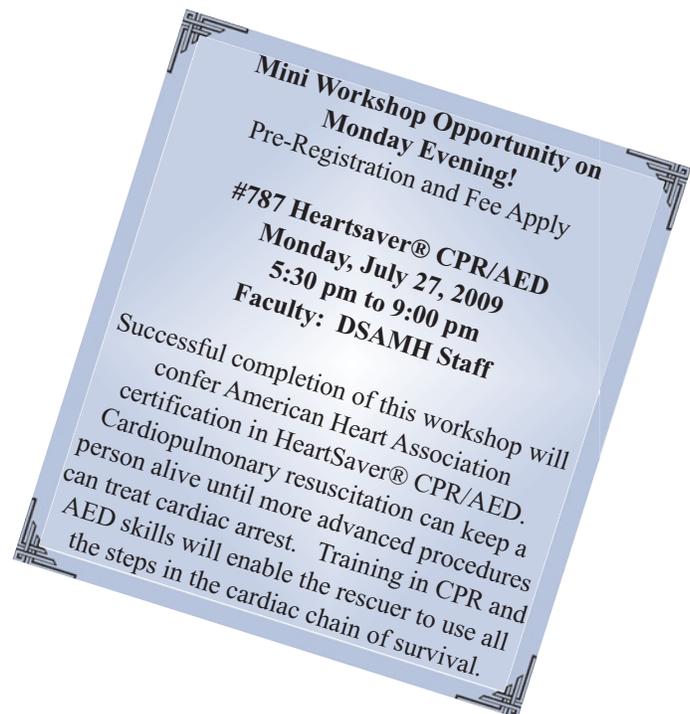
#1320 Skill-Building in Treatment Plans that Make Sense to Clients

Faculty: David Mee-Lee, MD

The person who should know most about their treatment plan is the individual. It is their life and they are the ones who should be working the hardest on their treatment plan. However, in many treatment settings, the individual is not even aware of what is on their treatment plan, or is basically “doing time” rather than “doing treatment”. This workshop is a hands-on, skill-building opportunity to help participants apply knowledge about individualized, person-centered treatment and service planning. Participants will practice assessment and priority identification, and translate that into a workable, accountable treatment plan that makes sense to the consumer.

Learning Objectives:

- Discuss principles of individualized treatment planning and person-centered services
- Apply ways to individualize problems, goals, strategies, and progress notes that make sense to the individual and relate to what they want
- Demonstrate how to use treatment plans in individual and group treatment as a “living document” that changes depending on outcomes and the individual’s interests



Thursday 1-Day Workshops

#1323 From People to Programs: Empowerment Through Self-Determination Across Recovery, Aging & Disability Communities Faculty: Thomas Nerney, PhD

Persons in recovery, older adults, and people with disabilities yearn to craft a meaningful life. Self-Determination is a way to face together the perfect fiscal storm and not just survive but flourish in an environment with potential cutbacks and support scarcity. The implementation of Self-Determination throughout the world has provided us with research, information, and tools that can address this challenge. This workshop will examine Self-Determination and how concepts are implemented. Using tools in the context of people, not programs, it will examine the path to Medicaid transformation and the changes that will impact consumers, circles of support, and Medicaid community partners.

Learning Objectives:

- Describe Self-Determination and implementation tools
- Understand the need to change public policy and issues around Medicaid transformation
- Identify brokering and fiscal issues related to implementation of individual allocations and system design

#1319 Understanding Mood Disorders: Who, What, Why, How, Where and When? Faculty: David Mee-Lee, MD

In the behavioral health field, mental health and substance use issues frequently co-occur or are intimately involved in etiology and/or treatment. With mood disorders, clinical signs and symptoms of addiction and those of depression, bipolar disorder, and other affective disorders often overlap. This workshop will explore who is affected by mood disorders, what causes mood disorders, and how to distinguish a mental health mood disorder from substance-induced mood disorders. There will be a discussion of signs and symptoms and options for treatment of some common mood disorders.

Learning Objectives:

- Review the DSM-IV criteria for Mood Disorders
- List the elements of a suicide risk assessment and the matching treatment activities
- Apply assessment strategies, techniques, and priorities to determine treatment options and interventions
- Discuss dilemmas in the treatment of mood disorders and the interface with substance use disorders

#1333 Private Practice and the Therapeutic Alliance Faculty: Jaime Hummel, LPCMH; Bruce Palmer, MA, LPCMH

This workshop explores how business procedures and practices impact the client-therapist relationship. Experienced clinicians who are members of the Delaware Mental Health Counselors Association will present information and facilitate discussion aimed at helping clinicians examine their concerns and preferences around important business issues such as fee structure, use of sliding scales, client billing, collections, no-show appointments, and other aspects of running a successful practice. Health professionals will learn how to deal with the tension of opposites that pull between the polarities of being compassionate helping providers and how the desire for financial betterment can have a major influence upon our clients and their relationship with us.

Learning Objectives:

- Identify one's own preferences and styles of "doing business" and how this may affect this dual relationship
- Explore how preferences and ways of implementation may impact client perceptions and the therapeutic alliance
- Identify how to create and present business practices and boundaries to prospective and current "clients" in ways that can enhance the therapeutic alliance



Friday 1-Day Workshops

1324 Community Partnerships to Promote Healthy Aging: Model Evidence-Based Programs

Faculty: Mary Altpeter, PhD, MPA; Patti League, RN;
Jill Jackson Ledford, MSW

Healthcare and service providers are uniquely positioned to ensure that evidence-based prevention programs are available to older adults in the community, especially those at risk or under-served, in the form of practical, effective community programs. This workshop will examine a selection of nationally-recognized model programs, creative best practices and successful partnerships that promote healthy aging. It will also provide resources, tools, and strategies to guide in planning and implementing effective community interventions. The workshop will showcase a Matter of Balance, a model lay-leader fall prevention program that is being successfully implemented in communities nationwide.

Learning Objectives:

- Identify core elements of evidence-based prevention programs
- Describe five model evidence-based community programs targeting older adults
- Describe the Matter of Balance program

#1315 Addiction Pharmacology and Pharmacotherapy

Faculty: Anthony Tommasello, PhD

This workshop explains the neurobiology of addiction, the effects of commonly used drugs of abuse on the brain, and examines the role and application of pharmacotherapeutic approaches to achieve and/or sustain abstinence from drugs of abuse. Indications and contra-indications for long-term successful treatment of chemical dependency, as well as possible adverse reactions and side effects, are reviewed.

Learning Objectives:

- Explain the fundamental aspects of the disease of addiction
- Compare and contrast the effects of frequently used psychoactive drugs of abuse
- Work productively and effectively with consumers receiving addiction pharmacotherapy

#1330 Reducing Risk and Increasing Healthy Lifestyle Changes with Adolescents and Young Adults

Faculty: Mark Godley, PhD; Susan Godley, RhD

The Adolescent Community Reinforcement Approach (A-CRA) is a behavioral intervention using both cognitive behavioral therapy and environmental restructuring to reduce risk behaviors and increase healthy lifestyle changes. Assertive Continuing Care (ACC) builds on A-CRA and adds case management and services in the adolescent's home community. This workshop will present an overview of the key elements of the A-CRA and ACC. Included will be a description of the theoretical and research basis for these approaches and a description of core procedures and processes used in the models. Much of the workshop will be interactive with demonstrations, practice, and discussion.

Learning Objectives:

- Describe the theory and research behind A-CRA and ACC
- Identify the core procedures of these models
- Practice the A-CRA model
- Understand certification requirements for these models



**Register Early!!
Space is Limited.**

Friday, July 31, 2009 9:00 am to 3:00 pm

Free Evening Workshops

Pre-Registration Not Required

Monday, July 27, 2009 7:00 pm to 9:00 pm

#1322 Overcoming the Trauma of Job Loss

Faculty: Joseph F. Juknelis; Deborah S. Clifton, LPC

The unexpected loss of a job, particularly one that's been held for many years, can cause extreme stresses on self-esteem, family relationships, and the desire to "move on." This stress level is not dissimilar to that experienced at the death of a family member or a divorce. This workshop will explore the nature of this emotional trauma and how we can assist individuals in resuming a productive job search, preserve harmonious family relationships, and restore deserved self-esteem as a productive member of society.

Tuesday, July 28, 2009 7:00 pm to 9:00 pm

#1065 Suicide Prevention using QPR (Question, Persuade, Refer)

Faculty: Victoria Kim, MSW

QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely-taught gatekeeper training program in the United States, and more than 725,000 adults have been trained in classroom settings in more than 48 states. QPR consists of three life-saving skills: Question...a person about suicide, Persuade...the person to get help, and Refer...the person to the appropriate resources. QPR is intended to offer hope through positive action and to teach those who are in a position to recognize warning signs, clues, and suicidal communications of people at risk to ACT vigorously to prevent a possible tragedy.

Wednesday, July 29, 2009 7:00 pm to 9:00 pm

#1329 "Drama" or Abuse? Uncovering the Risk and Realities of Teen Dating Violence

Faculty: Noel Sincere Duckworth; Dawn Schatz, MSW, DVS

Recent studies of teenagers regarding the amount of violence and abuse occurring in dating relationships reveal frightening findings. This workshop will present current research on the dynamics of dating abuse, the magnitude of the problem, the health and social impact on victims, and identify ways that professionals and the community can best respond. We will explore the broader context that shapes dating violence, including gender roles and expectations, social norms regarding abuse and violence, and pressures that teens face to be in romantic relationships. Participants will leave the workshop with the latest information on national, local, and on-line services and resources, including Delaware initiatives.

Wednesday, July 29, 2009 6:00 pm to 7:00 pm

#1326 The Delaware Alcohol and Drug Certification Process

Faculty: Mary Jo Mather

This workshop provides an overview of the certifications offered by the DE Certification Board for addiction professionals, including those for addiction counselors, clinical supervisors, and co-occurring disorders professionals. Participants will learn how to obtain and renew credentials including employment, supervision, and education, and how to document these requirements. Information on the written examinations will be provided. Certification materials, including applications, will be distributed to each participant.

Thursday, July 30, 2009 7:00 pm to 9:00 pm

#1325 Brain Gain

Faculty: Ruth Flexman, PhD

Cognitive decline or brain drain is not an inevitable part of the aging process; brain gain results from the formation of neural connections throughout life and the change in the brain's structure and function in response to stimulation. Research shows that mental fitness can keep your mind healthy and active, help you cope with life's challenges, and preserve independence. This workshop explains why mental fitness is important, and teaches how to promote brain gain with fun and experiential exercises.

Faculty

Detailed Biographies are available on our website www.dhss.delaware.gov/si09

Mary Altpeter, PhD, MPA is a Senior Research Scientist and Director of Healthy Aging Initiatives at the Institute on Aging and adjunct Lecturer in the School of Public Health at the University of North Carolina at Chapel Hill.

Judith Belmont, MS, LPC, NCC is a licensed Psychotherapist, Life Skills trainer and member of the National Speakers Association.

Kathryn Benson, LADC, NCAC II, SAP, QCS maintains a clinical consulting practice in Nashville, TN.

C. Hope Bolger, RPh formed a consulting pharmacist company in 1994 and also consults for several CSAT projects through various government contractors and is also a surveyor for CARF.

Gregory K. Brown, PhD is a Research Associate Professor of Clinical Psychology in the Department of Psychiatry at the University of Pennsylvania.

Ira Burnim, Esq. is the Legal Director of the Bazelon Center and is a member of the board of directors of the American Civil Liberties Union of Maryland.

Jacquelyn Campbell, MSN, PhD is the Anna D. Wolf Chair and Professor in the Johns Hopkins University School of Nursing with a joint appointment in the Bloomberg School of Public Health.

Deborah Clifton, LPC, NCC, CADC joined Human Management Services, Inc., in 2007.

Thomas H. Coyne, EdD, LCSW is an adult educator who provides training and technical assistance designed to improve individual and organizational performance regarding the assessment and treatment of substance abuse.

Noël Sincere Duckworth is a Training and Prevention Coordinator for the Delaware Coalition Against Domestic Violence and serves as the Program Director for the Centers for Disease Control-funded Domestic Violence Prevention Enhancements and Leadership Through Alliances Program.

Ruth Flexman, PhD is the Program Coordinator for the University of Delaware's Academy of Lifelong Learning.

Mark Godley, PhD is the Director of the Lighthouse Institute, the research and training division of Chestnut Health Systems.

Susan H. Godley, RhD is a Senior Research Scientist at the Lighthouse Institute of Chestnut Health Systems in Bloomington, Illinois.

Fred J. Hanna, PhD is the Director of the School of Applied Psychology and Counselor Education at the University of Northern Colorado. He also serves as a Faculty Associate at Johns Hopkins University, and as Faculty Affiliate at Penn State University.

Jamie Hummel, LPCMH opened Tranquility Counseling in April 2005 as a solo practitioner. She is the President of the Delaware Mental Health Counselors Association and she serves on the Board of Directors for Brandywine Counseling.

Joseph Juknelis is a Human Resources practitioner with 40 years of hands-on HR experience. He recently retired as the Regional Manager, Human Resources, for Genesis HealthCare Corporation.

Victoria Kim, MSW is the Project Director of Delaware Suicide Prevention for the Mental Health Association in Delaware.

Patti League, RN joined Maine Health's Partnership for Healthy Aging in 2005 as the Wellness Specialist, working with older adults in the Enhance Wellness Program and as a Lead Trainer.

Jill Jackson Ledford, MSW is Vice President, Health Promotion for National Center for Healthy Aging.

Mary Jo Mather has been the Executive Director of the PA Certification Board for the past 23 years. In 2008, she also became the Executive Director of the DE Certification Board.

Al Mercatante, LPC is a Career and Personal Performance Coach and a Licensed Professional Counselor. He is also the regional director of the Highlands Program in Delaware.

David Mee-Lee, MD is a board-certified psychiatrist, and is certified by examination of the American Society of Addiction Medicine. He is a Senior Advisor to The Change Companies and is a Senior Fellow for the Co-Occurring Center for Excellence for Substance Abuse and Mental Health Services Administration.

Priscilla J. Murphy, LPCMH, MEd, NCC, BSN, RNC is the Assistant Director for the Northeast Region of Chi Eta Phi Sorority Inc. She is the founder and President of NyLex Educational and Counseling Services.

Thomas Nerney, PhD is the founder and Director of the Center for Self-Determination. He is an independent consultant, author, Kennedy Foundation Fellow and U.S. Department of Education Distinguished Fellow.

Bruce Palmer, MA, LPCMH is in private practice through Full Circle Services providing individual, couple and group therapy as well as leadership for a number of workshops and seminars.

Judith E. Pierson, PsyD is a licensed psychologist with a private practice in Rehoboth Beach. She also works for Delaware Hospice as a bereavement counselor.

Dawn Schatz, MSW, DVS is an independent therapist and consultant in Middletown, Delaware, where she founded Appoquinimink Counseling Services, LLC.

Martha Schmitz, PhD is a member of the PTSD Clinical Team at the San Francisco V.A. Medical Center and is Assistant Clinical Professor at the University of California-San Francisco School of Medicine.

Anthony Tommasello, PhD works in the pharmaceutical industry, where he provides education and advice to physicians offering office-based care to substance abusing and chemically dependent individuals.

James Walsh, PhD is a Pastoral Counselor in private practice and is an assistant professor in the Community Counseling Program at Wilmington College.

Registration & Payment

4 EASY Ways to Register!

1. ON-LINE

If using credit card, participants can register on-line at : www.shop.Delaware.gov
see page 16 for instructions

2. US MAIL

Complete registration form on brochure pages 15 and 16. Mail registration & payment (check or money order only) to: DSAMH Summer Institute, 1901 N. DuPont Hwy., Springer Bldg. Rm. 384, New Castle, DE 19720

Payment should be made out to:
DSAMH Summer Institute

Registrations will not be confirmed until the check has cleared. The deadline for payments by check is July 15, 2009.

3. IN PERSON

If space is available, walk in registrations will be accepted with credit card payment only.

4. INTERGOVERNMENTAL VOUCHER

For State agencies, an IV payment method is possible. Call (302) 255-9412 or (302) 255-2863 for assistance.

Location

The 38th Summer Institute is held at Embassy Suites Hotel Newark/Wilmington South in Newark, Delaware. Embassy Suites is easily accessible by car (I-95), train (Amtrak Station, Wilmington), or air (Philadelphia Airport).



Directions

1-95 South: Take Delaware Exit 1B (Route 896 North), make a U-turn at 4th traffic light.

1-95 North: Take Delaware Exit 1 (Route 896), make first left on Route 896 North, make U-turn at 4th traffic light.

Address:

Embassy Suites Hotel Newark/Wilmington South
654 South College Avenue
Newark, DE 19713

Cancellation - No Show - Refund Policy

Registrants who do not cancel and do not attend forfeit all fees paid. Cancellations must be received in writing at the DSAMH Training Office by July 20, 2009 to request a refund. Cancellations after that date are not eligible for a refund.

Accommodations

A block of rooms is reserved at the Embassy Suites Hotel Newark/Wilmington South located at 654 S. College Avenue. Call (302) 368-8000 or (800) EMBASSY and use the code 'Delaware Division of Substance Abuse and Mental Health Group' to obtain the conference rate. To make reservations online, visit www.newark.embassysuites.com and enter the 3 letter group code DES.

Single/Double Occupancy	\$119 + 8% tax
Triple Occupancy	\$134 + 8% tax
Quadruple Occupancy	\$149 + 8% tax

The conference rate includes a daily full cooked-to-order breakfast and evening Manager's Reception. Reservations must be made by participants before July 3, 2009.

Disability Accommodations

Designated handicapped parking is available at the hotel. To request other disability accommodations, contact the DSAMH Training Office at least 4 weeks in advance of the conference.
(302) 255-9480 (voice) (302) 255-4450 (fax)

Keynote Address & Luncheon:

The Keynote Address & Luncheon on Monday, July 27th are included with all registrations for all Monday 1-day workshops and all 3-day workshops. The keynote address and luncheon are not available for purchase separate from the 1-day and 3-day workshop options.

Meals and Refreshments:

Embassy Suites will have food available for individual purchase at the following rates:

AM & PM Refreshments	\$2.00 - \$4.00
Breakfast	\$2.00 - \$9.00
Lunch (Not avail. Monday)	\$3.00 - \$13.00
Dinner	\$16.00

Consumer/Client Scholarships

A limited number of scholarships are available for persons who receive services for mental health, gambling, and/or substance use conditions and who are Delaware residents. The Division of Substance Abuse and Mental Health thanks Therapeutic Options, Inc. for their generous donation toward these scholarships.

For information contact Penny Chelucci, Director of the Office of Consumer Affairs at (302) 255-9421 or e-mail her at Penny.Chelucci@state.de.us.

Exhibitors

Participants are invited to visit dozens of community exhibitors who will provide valuable information, literature, and educational resources daily - Tuesday through Friday. They represent providers of service, state agencies, area institutes of education, local agencies, and book sales.

Kelley / Pazzaglini Award

Delaware Division of Substance Abuse and Mental Health



KELLEY/PAZZAGLINI AWARD

NOMINATION GUIDELINES

The Kelley/Pazzaglini Award is a very special and meaningful honor in Delaware and recognizes an individual who has demonstrated a significant commitment to the field of behavioral healthcare and whose involvement, service, and contributions to the improvement of the field is noteworthy and exceptional. The nominee's contribution should be recognized as making an important and ongoing impact on the system, which is above and beyond the expectations of their day-to-day work. This award is intended to recognize someone who considers personal and professional development as critical to the effective provision of services and who has clearly demonstrated this in their practice.

Patrick Kelley and Mario Pazzaglini, PhD were teachers, psychotherapists, and associates to many people within the Division of Substance Abuse and Mental Health and within other human service agencies in Delaware. Pat Kelley taught at the Institute from 1975 to 1982 and died of AIDS in 1984. Pat's work challenged us to explore and examine ourselves as the prerequisite for effectiveness as change agents with institutions or with individuals.

Mario Pazzaglini, PhD taught at the Institute from 1978 through the 27th Institute in 1998. He died on December 5, 1998. Mario was a master teacher and psychologist. His interests in ancient civilizations, mathematics, and art brought a depth to his work that presented to all who worked with him an understanding of the human psyche not tethered by any current fad or limitation of previous learning. Mario viewed learning and growth as containing within it all the emotions, thoughts, and imaginations of a person. He consulted with or worked in just about every addiction and mental health program in the state during thirty years as a psychologist.

To be eligible, nominees must be employees of DSAMH or staff of DSAMH-contracted programs. Nominations are invited from state operated and contracted DSAMH programs and the Central Office of DSAMH. Executive Staff of the Delaware Division of Substance Abuse and Mental Health will make the final selection.

The individual selected for this award will receive a full scholarship to the Summer Institute, documentation as to the receipt of the award, and recognition of receipt during the Institute Awards Ceremony on Monday, July 27, 2009.

Questions should be directed to the Training Office at (302-255-9480)

Kelley / Pazzaglini Award Nomination Form

Nomination For Kelley/Pazzaglini Award 38th Summer Institute, 2009



See the reverse side of this form for a description of characteristics to be considered in nominating for this Award.

Use one form per nominee.

Please Print or Type:

NAME: _____
Individual being nominated for award.

NOMINEE JOB TITLE: _____

NOMINEE AGENCY/PROGRAM: _____

HOW DOES THE NOMINEE EXEMPLIFY THE CRITERIA AND HIGH STANDARDS OF THIS AWARD:

Based on the criteria listed on the reverse side of this form, why is this person being nominated? (Use attachment if additional space is needed)

THREE OR MORE EXAMPLES of how the individual exemplifies personal/professional excellence and their commitment to professional development and practice: (Use attachment if additional space is needed)

Attach/include documentation to support this application. Resume/Curriculum Vitae would be helpful.

NAME OF NOMINATOR: _____

NOMINATOR TELEPHONE: _____ **NOMINATOR TITLE (S):** _____

NOMINATOR AGENCY: _____

NOMINATOR ADDRESS: _____

THANK YOU for taking the time to acknowledge the importance of recognizing our colleague's work.

To be considered, nominations must be submitted on this form, by Friday, June 19, 2009 to:

**Kelley / Pazzaglini Award Committee • Division of Substance Abuse and Mental Health Training Office
Springer Building • 1901 N. Dupont Highway • New Castle, DE 19720 • 302/255-4450 (fax)**

Mail in Registration

PRINT neatly and fill out both sides of this form. Illegible registrations will not be processed!

Last Name: _____ First Name: _____ Disabled: Yes No
Business Phone: (____) _____ Home Phone: (____) _____ Gender: Male Female
Business Address: _____ City: _____ State: _____ Zip: _____
Organization: _____ Title: _____
E-mail Address: _____

Highest Grade Completed: (Circle One): 12/GED AA LPN RN BA/S MA/S MSW PH/MD

Ethnicity/Culture (Circle One): African American Alaskan Native Asian American Caucasian
Hispanic Native American Pacific Islander Other

Do you request any of the following services? Sign Language Interpreter Oral Interpreter Other

I will be applying for CE credit with:

CEAP CLE CRCC DBN DCB DOE DPA NAADAC NBCC NCGC PT

Check here if you do NOT want to be included on the web-based list of Attendees for the 2009 Summer Institute

How did you hear about this year's Summer Institute? (Circle One)

Web E-Mail Media(radio,print,TV) Brochure Co-Worker Employer/Supervisor Other

Place a checkmark by each workshop that you are requesting

MONDAY JULY 27 9:00 am to 4:30 pm

Monday 1-Day workshops include Keynote and Luncheon

- #1314 Vicarious Trauma
 #1311 Psychiatric Advanced Directives for Key Decision Makers
 #1318 Motivational Enhancement
 #1327 Management of High-Risk Crisis Calls

Monday Evening 5:30 pm to 9:00 pm

- #787 CPR & AED

3-DAY WORKSHOPS Include Keynote and Luncheon

MONDAY JULY 27 9:00 am to 4:30 pm

TUESDAY JULY 28 9:00 am to 4:30 pm

WEDNESDAY JULY 29 9:00 am to 4:30 pm

- #931 Relapse Prevention Strategies
 #1308 Creating a Smooth Path to Certification
 #1316 Mind in Comfort and Ease
 #1307 Personality and Mood Disorders

2-DAY WORKSHOPS

THURSDAY JULY 30 9:00 am to 4:30 pm

FRIDAY July 31 9:00 am to 3:00 pm

- #1328 Creating Trauma-Informed Care
 #1310 Assessment and Treatment Planning
 #1309 Professional Ethics: The New Generation
 #1284 Advanced Training in Counseling and Therapy
 #1306 Emotional Resiliency

1-DAY WORKSHOPS

TUESDAY JULY 28 9:00 am to 4:30 pm

- #1317 Treating Adults from Dysfunctional Families
 #1331 Getting Started in Private Practice
 #1321 From Compliance to Collaboration
 #1312 Psychiatric Advanced Directives for Consumers

WEDNESDAY JULY 29 9:00 am to 4:30 pm

- #1332 Growing Your Private Practice
 #1320 Treatment Planning
 #1313 Danger Assessment

THURSDAY JULY 30 9:00 am to 4:30 pm

- #1323 Self Determination
 #1333 Private Practice and the Therapeutic Alliance
 #1319 Mood Disorders

FRIDAY July 31 9:00am to 3:00pm

- #1324 Community Partnerships to Promote Healthy Aging
 #1315 Addiction Pharmacology
 #1330 Reducing Risk with Adolescents and Young Adults

Registration

You can register for any combination of workshops.
Tuition is based on the total number of days of training for which you register.

Tuition:

3-Day Workshop Monday through Wednesday (incl. Keynote & Luncheon)	\$240.00	\$ _____
2-Day Workshop Thursday and Friday	\$160.00	\$ _____
1-Day Workshop Monday (incl. Keynote & Luncheon)	\$ 80.00	\$ _____
1-Day Workshop Tuesday	\$ 80.00	\$ _____
1-Day Workshop Wednesday	\$ 80.00	\$ _____
1-Day Workshop Thursday	\$ 80.00	\$ _____
1-Day Workshop Friday	\$ 80.00	\$ _____
3.5 Hour Monday Evening Mini-Workshop: CPR - AED	\$ 40.00	\$ _____

TOTAL AMOUNT DUE..... \$ _____

Name on check/money order if different from registrant: _____

Check Number _____

Please note: Only consumer/client scholarships are available this year.

Please mail check or money order to:

Division of Substance Abuse and Mental Health Training Office
1901 N. Dupont Highway
Springer Building Room 384 • New Castle, DE 19720

All Credit Card registrations must use this online registration process.

**When paying by credit card for the DSAMH Summer Institute 2009,
follow these easy steps:**

1. Go to: www.shop.Delaware.gov
2. Click Log In to create an account. You must have an email address to which you want a confirmation to be sent. Complete the required data and continue.
3. Under "Categories" select Education/Classes.
4. Click on the icon for the 38th Summer Institute on Substance Abuse and Mental Health;
"Partnerships: Changing the World"
5. Select the workshop(s) for which you wish to register
6. Make your purchase using one of the following credit cards:
 Visa, Mastercard or Discover
7. An email will be sent to the address you provided to confirm that the transaction has been completed.
8. If you have questions, call (302) 255-9480 or email dsamh.training@state.de.us.

Week at a Glance

Monday July 27th	Tuesday July 28th	Wednesday July 29th	Thursday July 30th	Friday July 31st
Keynote & #1314 Vicarious Trauma & Self-Care Page 2	#1317 Treating Adults from Dysfunctional Families Page 6		#1323 Self Determination Page 8	#1324 Community Partnerships to Promote Healthy Aging Page 9
Keynote & #1327 Management of High-Risk Crisis Calls Page 2	#1331 Getting Started in Private Practice Page 6	#1332 Growing your Private Practice Page 7	#1333 Private Practice and the Therapeutic Alliance Page 8	#1315 Addiction Pharmacology Page 9
Keynote & #1318 Motivational Enhancement Page 2	#1321 From Compliance to Collaboration Page 6	#1320 Treatment Planning Page 7	#1319 Mood Disorders Page 8	#1330 Reducing Risk and Increasing Healthy Lifestyle Changes with Adolescents/Young Adults Page 9
Keynote & #1311 Psychiatric Advance Directives for Leaders Page 2	#1312 Psychiatric Advanced Directives for Consumers Page 6	#1313 Danger Assessment Page 7	#1328 Creating Trauma-Informed Care Page 4	
Keynote & # 931 Relapse Prevention Strategies Page 3			#1310 Assessment and Treatment Planning Page 4	
Keynote & # 1308 Creating a Smooth Path to Certification Page 3			#1309 Professional Ethics: The New Generation Page 4	
Keynote & # 1316 Mind in Comfort and Ease Page 3			#1284 Advanced Training in Counseling and Therapy Page 4	
Keynote & #1307 Personality and Mood Disorders Page 3			#1306 Emotional Resiliency Page 5	
#787 CPR 5:30 pm - 9:00 pm Page 7 #1322 Trauma of Job Loss 7:00 pm - 9:00 pm Page 10	#1065 Suicide Prevention 7:00 pm - 9:00 pm Page 10	#1326 DCB 6:00 pm - 7:00 pm #1329 Dating Violence 7:00 pm - 9:00 pm Page 10	#1325 Brain Gain 7:00 pm - 9:00 pm Page 10	

Legend

Monday One Day Workshops

1 Day Workshops

3 Day Workshops

2 Day Workshops

Evening Workshops

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